

Serving Sizes for Grains/Breads in Child Nutrition Programs¹

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i> 	<p>1 serving = 20 grams or 0.7 oz. $\frac{3}{4}$ serving = 15 grams or 0.5 oz. $\frac{1}{2}$ serving = 10 grams or 0.4 oz. $\frac{1}{4}$ serving = 5 grams or 0.2 oz.</p>
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hotdog) Crackers (graham crackers, except chocolate covered grahams – all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells 	<p>1 serving = 25 grams or 0.9 oz. $\frac{3}{4}$ serving = 19 grams or 0.7 oz. $\frac{1}{2}$ serving = 13 grams or 0.5 oz. $\frac{1}{4}$ serving = 6 grams or 0.2 oz.</p>
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> Cookies² (plain) Cornbread Corn muffins Crackers (filled - i.e., peanut butter or cheese, frosted animal crackers) Croissants Pancakes Pie crust (dessert pies², fruit turnovers³, and meat or meat alternate pies) Waffles 	<p>1 serving = 31 grams or 1.1 oz. $\frac{3}{4}$ serving = 23 grams or 0.8 oz. $\frac{1}{2}$ serving = 16 grams or 0.6 oz. $\frac{1}{4}$ serving = 8 grams or 0.3 oz.</p>
Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> Doughnuts³ (cake and yeast raised, unfrosted) Granola bars³ (plain) Muffins (all, except corn) Sweet roll³ (unfrosted) Toaster pastry³ (unfrosted) 	<p>1 serving = 50 grams or 1.8 oz. $\frac{3}{4}$ serving = 38 grams or 1.3 oz. $\frac{1}{2}$ serving = 25 grams or 0.9 oz. $\frac{1}{4}$ serving = 13 grams or 0.5 oz.</p>

¹ Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed only for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the National School Lunch Program (NSLP), Summer Food Service Program (SFSP) and Child and Adult Care Food Program (CACFP).

³ Allowed for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the NSLP, SFSP and CACFP, and for breakfasts served under the School Breakfast Program (SBP), SFSP and CACFP.

Serving Sizes for Grains/Breads in Child Nutrition Programs¹	
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cookies² (with fillings or coverings, nuts, raisins, chocolate pieces and/or fruit purees) • Chocolate Covered Grahams • Doughnuts³ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars³ • Granola bars³ (with nuts, raisins, chocolate pieces, and/or fruit) • Sweet rolls³ (frosted) • Toaster pastry³ (frosted) 	<p>1 serving = 63 grams or 2.2 oz. $\frac{3}{4}$ serving = 47 grams or 1.7 oz. $\frac{1}{2}$ serving = 31 grams or 1.1 oz. $\frac{1}{4}$ serving = 16 grams or 0.6 oz.</p>
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake² (plain, unfrosted) • Coffee cake³ 	<p>1 serving = 75 grams or 2.7 oz. $\frac{3}{4}$ serving = 56 grams or 2.0 oz. $\frac{1}{2}$ serving = 38 grams or 1.3 oz. $\frac{1}{4}$ serving = 19 grams or 0.7 oz.</p>
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies² (plain) • Cake² (all varieties, frosted) 	<p>1 serving = 115 grams or 4 oz. $\frac{3}{4}$ serving = 86 grams or 3 oz. $\frac{1}{2}$ serving = 58 grams or 2 oz. $\frac{1}{4}$ serving = 29 grams or 1 oz.</p>
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)⁴ • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	<p>1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry) $\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)</p>
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)⁴ • Rice cakes 	<p>1 serving = $\frac{3}{4}$ cup or 1 oz., whichever is less. $\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ oz., whichever is less. $\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ oz., whichever is less.</p>

¹ Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed only for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the National School Lunch Program (NSLP), Summer Food Service Program (SFSP) and Child and Adult Care Food Program (CACFP).

³ Allowed for desserts under the Enhanced Food Based Menu Planning alternative specified in § 210.10 and snacks served under the NSLP, SFSP and CACFP, and for breakfasts served under the School Breakfast Program (SBP), SFSP and CACFP.

⁴ Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.